

Oven-Roasted Vegetables

Makes: 6 servings

Ingredients

2 tablespoons vegetable oil

1 tablespoon lemon juice

1/2 teaspoon Italian seasoning

1/4 teaspoon salt

1/4 teaspoon pepper

3 cups fresh vegetables (cut up, such as potatoes, broccoli, carrots, cauliflower, or red peppers)

Directions

1. Preheat the oven to 450 degrees.
2. In a small bowl, mix the oil, lemon juice, herbs, salt and pepper.
3. Wash, peel, and cut the fresh vegetables to get 3 cups cut-up vegetables.
4. Spread vegetable on pan.
5. Coat the vegetables with the oil mixture.
6. Bake for 20 minutes. Stir after the first 10 minutes of baking.
7. Serve the vegetables while they are still hot.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Nutrition Information

Nutrients	Amount
Calories	70
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	110 mg
Total Carbohydrate	7 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

